Emotional Awakening

A Daily Workbook

Destiny S. Harris

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Directions

Each day will offer a question for you to answer *honestly*.

Explore each question in detail, and jot down any thoughts and feelings you have surrounding that question. Then, if you still have room, write about your overall emotional state for that particular day.

January

January 1, _____

How did I feel today?

January 2, _____

How would I rate my emotional health today?

January 3, _____

What were the primary emotions I felt today?

January 4, _____

What was my most meaningful moment today?

January 5, _____

What bothered me today?

January 6, _____

What made me feel happy today?

January 7, _____

What made me feel sad today?

January 8, _____

Who added happiness to my day?

January 9, _____

Who added sadness to my day?

January 10, _____

Who got on my nerves today?

January 11, _____

What was something beautiful to me today?

January 12, _____

Did I have any negative thoughts today?

January 13, _____

What was the first thing I felt waking up today?

January 14, _____

What has been on my heart lately?

January 15, _____

What has been weighing down on me?

January 16, _____

Am I making each day of my life count?

January 17, _____

When is the last time I felt depressed?

January 18, _____

When was the last time I laughed?

January 19, _____

When was the last time I cried?

January 20, _____

When was I last angry?

January 21, _____

What hobbies bring me joy?

January 22, _____

What people consistently add value to my life?

January 23, _____

What people detract value from my life?

January 24, _____

What people add stress to my life?

January 25, _____

When was the last time I pampered myself?

January 26, _____

What is my most proud accomplishment?

January 27, _____

What am I insecure about?

January 28, _____

What am I ashamed about?

January 29, _____

Who is the last person I thought about?

January 30, _____

Am I thriving in life?

January 31, _____

How did this month go for me?

February

February 1, _____

What is one goal I have for this month?

February 2, _____

What am I looking forward to today?

February 3, _____

Am I dreading doing something today?

February 4, _____

How will I maximize my time today?

February 5, _____

What is one thing I will do for my emotional self?

February 6, _____

How am I taking care of me today?

February 7, _____

What is one way I can give to someone today?

February 8, _____

How am I taking care of me today?

February 9, _____

What is something special I can do today?

February 10, _____

Do I feel alone?

February 11, _____

What is something I would like to do today?

February 12, _____

Am I satisfied with where I am in life?

February 13, _____

Do I feel emotionally healthy?

February 14, _____

How is my mental health today?

February 15, _____

What is something I would like to do today?

February 16, _____

How can I implement joy in my life today?

February 17, _____

What is an essential area of my life today?

February 18, _____

What is one area of my body which feels tense?

February 19, _____

What part of my body harbors the most stress?

February 20, _____

How do I respond to stressful situations?

February 21, _____

What is something I need to let go of today?

February 22, _____

Who is someone I need to let go of today?

February 23, _____

What is one habit I need to change today?

February 24, _____

Have I grown emotionally, or am I still child-like?

February 25, _____

What are my positive outlets?

February 26, _____

What life anchors keep me grounded?

February 27, _____

What are five things to be grateful for today?

February 28, _____

Who are five people I am grateful for today?

February 29, _____

What was my favorite memory this month?

March

March 1, _____

What do I hope to accomplish this month?

March 2, _____

What is one way I can give to myself today?

March 3, _____

What are ten affirmations I can say to myself?

March 4, _____

What is one thing I learned yesterday?

March 5, _____

What 1 piece of wisdom did I implement today?

March 6, _____

Who is my model for emotional health?

March 7, _____

What does emotional health look like to me?

March 8, _____

How is my physical health today?

March 9, _____

When is the last time I went for a doctor's visit?

March 10, _____

What should I change about my nightly ritual?

March 11, _____

What healthy foods did I consume today?

March 12, _____

How can I improve my health this month?

March 13, _____

How can I improve my daily attitude?

March 14, _____

Is there anyone I have not forgiven?

March 15, _____

Is there anyone I am codependent on?

March 16, _____

Do I enjoy spending time alone?

March 17, _____

Where do I feel most energized?

March 18, _____

What are my favorite happy places?

March 19, _____

Is my home a safe space for me?

March 20, _____

Who do I feel most energized around?

March 21, _____

Who do I admire most?

March 22, _____

What is 1 piece of advice I can implement today?

March 23, _____

Am I happy in the place I live?

March 24, _____

Do I need to make a new decision?

March 25, _____

Am I allowing anything to hold me back?

March 26, _____

Am I allowing *anyone* to hold me back?

March 27, _____

Am I making progress in life?

March 28, _____

What are the ten things I want to do before I die?

March 29, _____

How am I living my best life **now**?

March 30, _____

Do I love myself?

March 31, _____

What do I love most about myself?

April

April 1, _____

What new adventures will I dive into this month?

April 2, _____

What do I like most about spring?

April 3, _____

What do I dislike about this time of year?

April 4, _____

Do I feel I am on track with my goals?

April 5, _____

Do I feel like I am making progress this year?

April 6, _____

What is something I learned today?

April 7, _____

What positive book am I reading right now?

April 8, _____

How much time do I spend watching TV daily?

April 9, _____

How much time do I spend investing in myself?

April 10, _____

How often do I read or watch the news?

April 11, _____

How can I think more productively?

April 12, _____

Did I laugh today?

April 13, _____

Who did I have a good conversation with today?

April 14, _____

Am I running from something?

April 15, _____

Am I running from someone?

April 16, _____

What past decisions am I still recovering from?

April 17, _____

Who is a detriment to my life?

April 18, _____

Who do I need to love from afar?

April 19, _____

What am I most grateful for today?

April 20, _____

What do I wish I could change about my life?

April 21, _____

Do I feel at peace today?

April 22, _____

How often am I physically active?

April 23, _____

Did I stay hydrated today?

April 24, _____

How am I feeling right now?

April 25, _____

Do I wish I were someplace else right now?

April 26, _____

Where is home for me?

April 27, _____

What does joy feel like for me?

April 28, _____

If I could have anything, what would it be?

April 29, _____

Am I living out my dreams?

April 30, _____

Do I feel free?

May

May 1, _____

Who do I need to forgive today?

May 2, _____

Who do I need to show love to today?

May 3, _____

What is going to help me be productive today?

May 4, _____

What is my emotional status today?

May 5, _____

Am I better than "okay" ?

May 6, _____

Do I need alone time today?

May 7, _____

How has my sleep been lately?

May 8, _____

Do I feel rested today?

May 9, _____

What do I do before I go to bed every night?

May 10, _____

Do I feel supported today?

May 11, _____

Do I feel loved today?

May 12, _____

Do I feel confident today?

May 13, _____

Do I feel inspired today?

May 14, _____

Do I feel motivated today?

May 15, _____

How have I been blessed today?

May 16, _____

How have I been loved today?

May 17, _____

Am I comfortable with myself?

May 18, _____

Am I happy with who I am?

May 19, _____

What is one area I need to grow in?

May 20, _____

What is a strength of mine?

May 21, _____

What are three positive traits I possess?

May 22, _____

What is one new habit I would like to implement?

May 23, _____

What is my goal for today?

May 24, _____

What are two things I am grateful for today?

May 25, _____

Who would I like to talk with today?

May 26, _____

Who is someone that always makes me laugh?

May 27, _____

What are three things I want to do today?

May 28, _____

What is one thing I need to get rid of today?

May 29, _____

What is one area I need healing in today?

May 30, _____

What is my favorite physical trait on my body?

May 31, _____

What is something I will implement for June?

June

June 1, _____

What is something I will implement for June?

June 2, _____

In what ways am I taking care of me today?

June 3, _____

What is one special event I can add to my day?

June 4, _____

What self-care activity will I execute today?

June 5, _____

What are 3 self-care activities I can do today?

June 6, _____

How can I show love to myself today?

June 7, _____

How can I celebrate myself today?

June 8, _____

What's something fun I have wanted to do?

June 9, _____

How can I add more peace to my life today?

June 10, _____

How am I feeling at this moment?

June 11, _____

Who do I wish I was with right now?

June 12, _____

Am I happy today?

June 13, _____

Am I content with myself today?

June 14, _____

Is my life colorful or bland?

June 15, _____

What comedy can I watch today to add humor?

June 16, _____

Do I laugh often?

June 17, _____

How often do I smile?

June 18, _____

How often do I smile at myself?

June 19, _____

Do I consider myself beautiful?

June 20, _____

When is the last time I told myself: I'm beautiful?

June 21, _____

What 7 things/people am I thankful for today?

June 22, _____

Do I consider myself beautiful?

June 23, _____

Do I consider myself emotionally aware?

June 24, _____

Do I consider myself emotionally available?

June 25, _____

How can I help someone else today?

June 26, _____

What is one activity I can use to de-stress?

June 27, _____

What is my emotional state at this second?

June 28, _____

How much do I like my life today [1-10]?

June 29, _____

What is one thing I want to change today?

June 30, _____

What was my favorite part of this month?

July

July 1, _____

What am I going to accomplish today?

July 2, _____

What is my goal today?

July 3, _____

What time do I usually wake up?

July 4, _____

What is my life purpose?

July 5, _____

Am I in-tune with my emotions today?

July 6, _____

Do I let my emotions rule me?

July 7, _____

Am I living my truth?

July 8, _____

Am I on track with my goals made in January?

July 9, _____

How does my body feel today?

July 10, _____

How does my mind feel today?

July 11, _____

How does my spirit feel today?

July 12, _____

Do my emotions feel positive today?

July 13, _____

How did I take care of myself yesterday?

July 14, _____

What is my greatest joy?

July 15, _____

What is one lingering negative thought I have?

July 16, _____

Am I where I want to be today?

July 17, _____

What is *not* working for my life?

July 18, _____

What *is* working for my life?

July 19, _____

How can I make my life more exciting?

July 20, _____

How can I make my life more memorable?

July 21, _____

How can I make my life more meaningful?

July 22, _____

How can I be more giving to myself and others?

July 23, _____

How can I add more happiness to my life?

July 24, _____

How can I make my life more organized?

July 25, _____

How can I make my life more productive?

July 26, _____

How can I maximize the time I have each day?

July 27, _____

What is my wish for today?

July 28, _____

How could my life be more enjoyable?

July 29, _____

How can I approach this day more positively?

July 30, _____

What do I plan to accomplish this week?

July 31, _____

What was my one takeaway this month?

August

August 1, _____

Have I experienced regret recently?

August 2, _____

What is my place in society?

August 3, _____

What do I like about the summer?

August 4, _____

Have I been getting any sunshine?

August 5, _____

When is the last time I took a vacation?

August 6, _____

When is the last time I got away with myself?

August 7, _____

How do I relax?

August 8, _____

When is the last time I had a cup of hot tea?

August 9, _____

When is the last time I meditated?

August 10, _____

When is the last time I stretched?

August 11, _____

When is the last time I resistance-trained?

August 12, _____

How important is my outward appearance?

August 13, _____

How important is my internal beauty?

August 14, _____

Do I feel appreciated?

August 15, _____

When is the last time I positively affirmed myself?

August 16, _____

What is the dominant emotion I feel today?

August 17, _____

Do I have any negative emotions I need to let go?

August 18, _____

Does my heart feel heavy or light today?

August 19, _____

Is my light shining bright or dim today?

August 20, _____

What would make me smile today?

August 21, _____

Am I grateful to be alive?

August 22, _____

Am I stressed?

August 23, _____

When is the last time I did my favorite activity?

August 24, _____

How did I nurture myself today?

August 25, _____

How did I love myself today?

August 26, _____

How did I support myself today?

August 27, _____

How would I describe this week?

August 28, _____

How would I describe this morning?

August 29, _____

How would I describe today?

August 30, _____

How would I describe this month?

August 31, _____

How would I describe this year so far?

September

September 1, _____

What makes me feel uncomfortable?

September 2, _____

What makes me feel comfortable?

September 3, _____

What are my final goals for this year?

September 4, _____

What is missing in my life?

September 5, _____

What am I looking forward to tomorrow?

September 6, _____

What was the most exciting experience this year?

September 7, _____

Do I feel like I have grown emotionally this year?

September 8, _____

What is something I need to stop doing?

September 9, _____

What behavior do I need to stop giving into?

September 10, _____

Do I feel emotionally stable?

September 11, _____

What has been the happiest moment in my life?

September 12, _____

Where does sadness stem from in my life?

September 13, _____

What emotions have I not dealt with?

September 14, _____

Who are the people I surround myself with?

September 15, _____

Are the people in my life a true reflection of me?

September 16, _____

What is something I can no longer continue?

September 17, _____

What have I discovered about myself lately?

September 18, _____

Do I trust myself?

September 19, _____

Do I honor myself?

September 20, _____

Do I believe in myself?

September 21, _____

Who am I?

September 22, _____

Who do I want to be?

September 23, _____

What is the state of my emotions today?

September 24, _____

What is the state of my mental health?

September 25, _____

What is the state of my emotional well-being?

September 26 _____

What is the state of my spiritual well-being?

September 27, _____

What is the state of my attitude?

September 28, _____

How can I overcome today's challenges?

September 29, _____

How can I respond differently to life today?

September 30, _____

What has September been like for me?

October

October 1, _____

What is my greatest fear?

October 2, _____

What are my weaknesses?

October 3, _____

How can I increase my self-discipline?

October 4, _____

In what ways can I increase my confidence?

October 5, _____

How am I feeling this minute?

October 6, _____

Who is the last person that made me feel good?

October 7, _____

When is the last time I made myself feel good?

October 8, _____

How have I changed this year?

October 9, _____

What was most enlightening this year?

October 10, _____

What was the biggest growth moment this year?

October 11, _____

What items in my life do I need to let go of?

October 12, _____

What am I resisting?

October 13, _____

What am I holding onto?

October 14, _____

What am I overly attached to?

October 15, _____

Who am I overly attached to?

October 16, _____

What was the biggest lesson learned this year?

October 17, _____

What or who have I gotten jealous of lately?

October 18, _____

Am I an enjoyable person to be around?

October 19, _____

Am I a trustworthy friend?

October 20, _____

Am I encouraging to others?

October 21, _____

Am I a leech or a giving person?

October 22, _____

What is one thing I find beauty in today?

October 23, _____

Who is the most beautiful person to me?

October 24, _____

What dreams have I not acted upon?

October 25, _____

What goals have I given up on?

October 26, _____

What people do I need to invest more time in?

October 27, _____

What are my love languages?

October 28, _____

What was the high point of my day today?

October 29, _____

What was a low point in my day today?

October 30, _____

What fears am I letting overtake my actions?

October 31, _____

How do I feel this month went for me?

November

November 1, _____

Who am I today?

November 2, _____

What is it I seek from life?

November 3, _____

How do I view myself?

November 4, _____

How do I view my past?

November 5, _____

Am I an active observer of my thoughts?

November 6, _____

What are my deepest desires?

November 7, _____

What are my deepest fears?

November 8, _____

Who do I miss today?

November 9, _____

What is missing from my life today?

November 10, _____

Am I satisfied with my entire life thus far?

November 11, _____

Who do I want to be?

November 12, _____

Who am I developing into?

November 13, _____

Where do I see myself five years from now?

November 14, _____

Where do I see myself ten years from now?

November 15, _____

Where do I see myself twenty years from now?

November 16, _____

What is the force driving my life?

November 17, _____

What gets me out of bed each morning?

November 18, _____

What do I expect to receive out of this life?

November 19, _____

What areas of my life do I need to re-focus?

November 20, _____

Am I gentle with myself?

November 21, _____

Am I loving to myself?

November 22, _____

Am I forgiving to myself?

November 23, _____

Am I thoughtful to myself?

November 24, _____

Do I prioritize my wants and needs?

November 25, _____

Do I value the time I spend with myself?

November 26, _____

Do I value my life?

November 27, _____

Do I have high self-worth?

November 28, _____

Do I respect myself?

November 29, _____

Do I have firm boundaries?

November 30, _____

Do I genuinely love me?

December

December 1, _____

What do I miss about my childhood?

December 2, _____

What do I *not* miss about my childhood?

December 3, _____

Who do I need to forgive from my childhood?

December 4, _____

What did I learn from my childhood?

December 5, _____

What would I change about my childhood?

December 6, _____

What memory affects me the most emotionally?

December 7, _____

Who has hurt me the most during my lifetime?

December 8, _____

Have I forgiven the people who hurt me?

December 9, _____

How many dreams have not come true for me?

December 10, _____

Has my life turned out the way I hoped?

December 11, _____

Are my beliefs my own or adopted?

December 12, _____

Are my thinking patterns my own or adopted?

December 13, _____

Am I a leader or a follower?

December 14, _____

Do I make my own decisions or lean on others?

December 15, _____

Who is the driver of my life?

December 16, _____

Am I in control of my finances?

December 17, _____

Am I in control of my health?

December 18, _____

Am I in control of my relationships?

December 19, _____

Do I let others use and control me?

December 20, _____

Am I content, here and now?

December 21, _____

Is this it for me?

December 22, _____

Is my life a reflection of my desires?

December 23, _____

Is my life a beautiful picture?

December 24, _____

Are my emotions controlling me or the opposite?

December 25, _____

How am I feeling today?

December 26, _____

What do I like about myself today?

December 27, _____

What do I hope to experience next year?

December 28, _____

What or who is no longer serving my life well?

December 29, _____

Who contributed the greatest to my life this year?

December 30, _____

How would I depict my life this year?

December 31, _____

What all am I thankful for this year?

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